Every year, chartered associations hold their individual State Leadership Conferences (SLC), inviting members from all over their state for days of competitive events, educational workshops, listening to speakers, and other activities. Filled with the opportunity to learn and expand their networks, many students find their SLC experiences to be one of the most memorable aspects of HOSA! With the Spring conference season just around the corner, here are some tips from HOSA members, advisors, and the Executive Council to help you make the most out of your State Leadership Conference.

From building knowledge and health career skills to expanding your social and professional networks, it’s clear that State Leadership Conferences are full of opportunities. To summarize the quotes sourced from a diverse pool of HOSA’s incredible membership, take advantage of as many of these unique opportunities as you can. State Leadership Conferences provide a chance to learn, lead, serve, and innovate in various ways, so keep an open mind to exploring the many things that this conference season has to offer! Moreover, have fun and get excited, because if you place 1st, 2nd or 3rd in your competitive event, you qualify to compete in Houston, Texas at the HOSA International Leadership Conference!

Do not forget to share your SLC experience by tagging @hosafhp for a chance to be featured in future E-magazines as well as our social media.
NATHAN LAM has been a HOSA member for four years. A senior in high school, he currently serves as the New Jersey HOSA State President and Founder and President of United Medical Technology (UMT), a nonprofit organization he created after competing in the Medical Innovations HOSA competitive event. From a young age, Nathan has always affirmed his love for learning and innovating. He has kept the same notebook since early childhood, and it’s filled with all sorts of scribbles, drawings, and diagrams about innovative ideas he’s had. Due to this early inclination and passion, he decided to compete in Medical Innovations to challenge himself in creating something totally new. There, was born e-Mind (electric-medical impulses for neurological disease), a device meant to replace the high cost, highly invasive open brain surgery procedure known as deep brain stimulation (DBS).

Though considered a highly burdensome procedure, DBS has the ability to treat many diseases, including Parkinson’s Disease and some forms of major depression. Additionally, it has the potential to treat addiction as well as aid in multiple sclerosis and stroke recovery. Seeing the high threshold to physically and financially afford the procedure, Nathan designed e-Mind, a procedure that utilizes the same methodology as DBS, but making it noninvasive to cut down on the price and burden on patients. The device works by taking two electrical impulses that vary in frequency and sending them to either side of the brain. The point at which they superimpose (overlap) is the place at which regulation of brain electrical activity occurs.

The project has a wide range of targetable diseases on top of those DBS targets, such as epilepsy, OCD, dementia, Huntington’s Disease, Tourette’s Syndrome, and more. Following ILC, Nathan took his project one step forward, speaking to many mentors including MIT lead researchers in synthetic neurobiology to further cement his work. His New Jersey Assistant State Advisor was even able to get him in touch with the Executive Director of the Princeton Institute for Science and Technology of Materials (PRISM) Program at Princeton University. This was crucial in helping Nathan reach the place where he is today. As of October 2019, Nathan’s e-Mind device is patent pending. He currently travels around the country with his team participating in competitions and shark tanks to receive grant funds to further his invention.

Asking him for any advice he could offer aspiring creators and innovators, Nathan says to always take risks and never give up. “I can’t believe what started off as a whim in joining this HOSA competition brought me to where I am today.”

SHAWN PATEL is an accomplished app creator, medical innovator, and now HOSA alumni. As a freshman studying Electrical Engineering and Computer Science at the University of California, Berkeley, his passion for engineering and the technological side of healthcare is evident. During his time as a HOSA member, his propensity for engineering and medical innovation was fostered through his participation in the Medical Innovation competition. Shawn recalls the Medical Innovation competition being one of his advisor’s favorite competitions—compelling him to give it a try. Further influencing his project in that first year of competing was a speaker invited to his school who promoted sun safety as a big issue in their community in the sunny state of California. This inspired him to create an app whose main feature is simple, to remind users to put on sunscreen focusing on the prevention of skin diseases caused by sun exposure. Since then, new features have been added to the app which is one of the reasons Shawn was drawn to innovation.

“You can always update,” Shawn says, speaking on the unique aspect of innovation projects to be ever evolving. Shawn’s inclination for innovation was made clear with him and his team’s success each year as they consistently placed for Medical Innovations at the State and International level. When asked about his current and future projects, he divulged he has worked on projects that involved detection of bodies with drones specifically for the purpose of helping first responders during wildfires, and detection of foodborne illnesses within the food industry, just to name a few. It is apparent that Shawn has plenty of ideas to work on, however, he explained that in his first years of undergraduate school he would like to “become a better engineer” and “take this semester to learn from other people.” While Shawn continues to learn from others, we can all learn something from him.

When asked what advice he would give to any students who are interested in medical technology and innovation he says to “Just go for it. Learning as you build is way more powerful than using just what you read online.” Healthcare encompasses such a wide range of professions, and Shawn is an excellent reminder one can greatly impact the healthcare community even without being in direct contact with patients.

If you or a fellow HOSA member have a medical innovation, please reach out to an Executive Council Member so that we can share your story.
How Far has Medicine Come?

1489
Leonardo da Vinci performs first cadaver dissections.

1796
The smallpox vaccine is discovered and introduced to the world.

1816
Rene Laennec invents the stethoscope, a tool used by nearly every health professional today.

1842
Ether used as a general anesthetic.

1849
Elizabeth Blackwell becomes the first female to receive a MD.

1907
First successful heart transplant completed.

1928
Penicillin discovered.

1967
First successful blood transfusion.

1984
Genetic fingerprinting method developed.

1987
Dolly the sheep becomes the first clone.

1996
The discovery of the CRISPR-Cas 9 system.

2003
Completion of the Human Genome Project.

2014
FDA approves clinical trials for first artificial wearable kidney.

Where is it headed?

2025
Potential cure for Hepatitis.

2030
Artificial intelligence to test for certain cancers.

2040
AI powered map to assist clinicians in navigating clinical pathway.

2060
Nanorobot technology to monitor and treat health.
The first step to facilitating this activity is to pick a current health problem (we have provided a list of problems for you to refer to). Try to stick to issues anyone with minimal health knowledge can speak upon, but still requires critical thinking skills to come up with innovative solutions.

Once you have your topic, form random teams of 4-5 students. Doing this randomly will ensure that students are interacting with other students they might not talk to often. This is important when talking about the concept of innovation, as we all know how important different viewpoints and opinions are in formulating the best solutions.

Distribute the topic to the teams, preferably on a sheet of paper (verbally announcing it will work for the sake of planning and time, if needed).

Tell each group they must formulate a feasible solution for the problem. Give students 10 minutes to discuss and formulate a summary of their solution in 3-4 sentences.

Have each group present their solution and feel free to have an open discussion about each.

Now task the whole room to come up with a collective solution that still fits into 3-4 sentences. Provide 15 minutes to discuss.

Present final collective solution.

Now, it is time to debrief the activity. This must not be overlooked or taken lightly as the true lessons of this activity are exposed here. First, start with questions such as, “How was discussion and coming to a conclusion for your solution within your small group conducted?” or “Did your group agree with the first solution presented or did it change as other group members brought in their own opinions?” Next, ask questions about the whole group coming together to come up with a solution, “Was there a clear strategy to listen to everyone when it came to coming to a solution from the whole group?” or “Did you try to incorporate several ideas into one or did you pick the seemingly best idea?”

As the facilitator, it is your job to guide the discussion that ensues to make sure you hit some main points of this activity. One being that actively listening to other people’s ideas and opinions can point out things we wouldn’t have thought of otherwise. Additionally, elaborate on how this activity can give students a glimpse into becoming better problem solvers, thinking creatively, compromising and coming to resolutions, and setting pragmatic goals. After all, nothing in medicine was ever made or perfected without the thoughts of many minds coming together.

HOSA prides itself on promoting an innovative mindset in the minds of its members, especially with regard to the healthcare field. Competitions such as Medical Innovation, symposiums about medical inventions and innovations, and articles highlighting students making an impact with their innovative approaches to health problems aim to do just that. However, there are even more ways that we can foster this mindset into our students, such as a leadership activity! This activity is meant to be easy to facilitate and requires minimal supplies in order to be accessible for all.

POTENTIAL DEBATE TOPICS FOR LEADERSHIP ACTIVITY:
1. Should all people be vegetarian?
2. Should unconventional forms of medicine (e.g. alternative medicines, herbal remedies, etc) be a part of national healthcare?
3. Should TV commercials for alcohol for fast food chains be banned, limited, or regulated?
4. Should schools implement later start times to accommodate for students’ sleep?
5. Should schools be required to have P.E. or gym class?
6. Should households that do not recycle be fined or punished?
7. Should drug abuse be treated in terms of criminal justice issue or mental health?
8. Should gene editing be used to eliminate all genetic deficiencies in humans?
9. Should social media be considered a deterrent to academic and social development of growing children and teens?
10. Should violent video games and media be limited or banned for young children?
**March: Multiple Sclerosis Awareness Month**

**HISTORY, DEVELOPMENTS, AND THE FUTURE**

The first reports of MS appeared in the early 1800s and official recognition of the disease occurred in 1868. However, it wasn’t until the 1900s that support for research increased with the founding of national organizations including the National MS Society. Throughout the 1940s, 50s, and 60s, research about genes, myelin, nerve fibers, and more was underway. By 1960, two ideas about the origin of MS emerged. One was the possibility MS comes from the body’s immune system attacking myelin, and another was that viral infection causes the immune system to damage myelin.

MRIs were soon developed which revealed information about MS attacks and damage to the brain. Through clinical trials, treatments were developed. Current drugs include long-term treatment, treatment for relapse, and symptom management medication. However, nearly two centuries after the first cases were recorded, there is still no definitive cause for MS nor a cure for the disease. The future requires innovation as more discoveries are made.

**WHAT IS MS?**

Multiple Sclerosis, otherwise known as MS, is an autoimmune disease of the central nervous system. MS occurs more commonly in women than men, and symptoms typically appear between ages 20 to 50. There are about 2.5 million people across the world with MS.

The exact cause of MS is unknown, but we do know a patient has MS when their immune cells suddenly start causing damage to the protective myelin sheath of nerve cells. Considering that the central nervous system is in charge of movement, feeling, thinking, communicating, and many more vital activities, patients with MS experience various symptoms influencing both body and mind. While symptoms including blurred vision, headaches, and impaired hearing are common, survival rates for MS are high. Though lifespans are near normal with the disease, quality of life is still greatly impacted.

**WHAT CAN YOU DO?**

The first step to making a difference is learning more about MS using some of the resources below and your own research. As a HOSA member, you can raise awareness throughout the month or during MS Week from March 8-14, 2020. Explore the possibilities of holding an educational chapter meeting, creating social media posts, or even inviting guest speakers to present on this topic.

If you’re extremely passionate about this cause, there are also plenty of career options related to MS. Researchers are needed to find new methods of treatment and management of the disease. Providers including doctors, nurses, psychologists, rehabilitation therapists, and pharmacists are integral in caring for patients with MS. Health educators, nonprofit professionals, and advocacy workers are important figures in spreading awareness and progressing the development of MS treatment. With so much left to learn about the mechanisms of MS, anyone can be an advocate.

**March 8-14, 2020**

**MEDICAL INNOVATIONS - CAREERS**

One thing the medical field will most likely always have a need for is radiation, both in the low and high energy forms. Low energy radiation is used primarily in X-Rays and other imaging instrumentation to penetrate beyond the outer tissues of the body and provide a clear image of what damage has been done inside the body. High energy radiation is typically useful for therapies, as in the case of radiation therapy for cancer patients. This radiation is powerful and targeted, destroying harmful cells. However, this is just the beginning, beyond X-rays we also use radiation for radiotherapy, ultrasounds, tomography, radiology, and nuclear magnetic resonance imaging.

**Potential Careers: Radiation Oncologist, Radiologist, Dosimetrist**

There’s no telling where the future may take us, but space is definitely a possibility. While human spaceflight projects have taken place on several occasions, there is still a lack of information about exactly how the human body fares in a zero-gravity environment. If frequent travel or even a place to live is the potential space holds for us, it is incredibly important for future health professionals to have a solid understanding of exactly what effects the altered gravity environment has on the human body, like a loss of bone mass. Furthermore, research can be done to uncover methods of reducing or alleviating harm by spaceflight.

**Potential Careers: Aerospace Medical Physician, Research Scientist**

Whether it’s the surgical implant of an artificial heart valve or the surgical attachment of a prosthetic limb, oftentimes, we don’t get to see the behind-the-scenes of what goes into creating these devices. Biomedical Engineering is a growing field that deals with a large variety of innovations, including biomechanical aids. Knowledge of computer science, industrial design, and biochemistry all find a junction point when something like a prosthetic leg or artificial heart valve needs to be created.

**Potential Careers: Biomedical Engineer, Rehabilitation Engineer, Research Scientist**

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The National Pediatric Cancer Foundation (NPCF) has been our HOSA Service for the past two years and HOSA is so excited about all of the awareness we have been able to raise for pediatric cancer. The National Pediatric Cancer Foundation’s scope, though, expands beyond just spreading awareness as their focus is to “fund research to find less toxic, more targeted therapies by partnering with leading hospitals nationwide.”

The NPCF’s Sunshine Project is a collaborative initiative that brings together leading doctors across the nation in order to conduct clinical trials targeted for faster, less toxic treatments and increase the survival rate for children with cancer. Within 8 years, the Sunshine Project was able to launch five Phase I Clinical Trials for Pediatric Cancer including:

**Phase I Trial of Metformin on Solid Tumors**
Principal Investigator: Damon Reed, MD

60% of childhood malignancies arise as solid tumors; however, there has been little development for treatment over the last 20 years. The FDA has approved this trial to focus on targeting relapsed solid tumors. Metformin is an anti-diabetic drug administered orally. Research suggests that it also has anti-cancer properties as well. This research is studying the effects of increasing the dosage of Metformin in combination with vincristine, irinotecan, and temozolomide (chemotherapies).

**Phase II Trial of nab-Paclitaxel for Sarcoma in Young Adults**
Principal Investigator: Javier Oesterheld, MD

Less than 1/5 of teenagers or young adults living with osteosarcoma or Ewing sarcoma find a long-term cure and face a dismal prognosis. This study aims to study the combination of nab-paclitaxel and gemcitabine and its potential capability of preventing tumor growth in teens and young adults with relapsed metastatic sarcomas. They will use blood tests and imaging to monitor markers and to better follow the progression of disease.

To read more about ongoing trials and studies, visit [https://nationalpcf.org/our-research/](https://nationalpcf.org/our-research/).

Don’t forget to tag @hosafhp in pictures of you and your chapter raising awareness for pediatric cancer for a chance to be featured.
As winters snows melt away, and spring begins to blossom, college acceptances roll in and scholarship deadlines are near! HOSA would like to encourage you to apply for HOSA scholarships this season. Applying for a HOSA scholarship isn’t hard—in fact, it can lead you on a path of self-discovery and reflection as you reflect on your long-term ambitions and aspirations, propelling you closer to your goals. And, receiving a HOSA scholarship may help you afford textbooks and take that class outside of your major you always wanted to take next fall! Don’t believe it? Just ask HOSA members Taydem Stephens and Brooke Stallman about their scholarship experience.

In September 2019, students from Mountain Ridge High School’s HOSA chapter in Arizona were invited to attend an event at the Phoenix Convention Center, hosted by the American Society for Clinical Pathology. The event, called NEXTPO, allowed students to explore a variety of careers in pathology, participating in labs and answering questions. Additionally, students had the opportunity to converse with different pathology professionals, gaining insight into their fields. Before the conference, junior and senior students could apply for one of two $1,500 scholarships, geared towards those who wish to pursue a career in a lab science. Two HOSA members, Taydem Stephens and Brooke Stallman, won the scholarships and were recognized at the NEXTPO event. The following are statements from the two winners, reflecting on how receiving a STEM scholarship has affected them:

“Receiving this scholarship has greatly impacted me and I am very thankful for this opportunity. One of the ways it has impacted me is by inspiring me to continue to work hard towards my goals. It has also given me confidence in my work and my abilities to do great things now and in the future. As a student in high school wanting to go into the medical field, I am aware that college is going to be very expensive and this scholarship is a step towards my dreams becoming reality by giving me a financial boost. Initially I did not believe I was capable of receiving this scholarship since I was going against seniors in the Biomedical Innovations class. I decided to apply despite the competition of the upperclassmen. After receiving this scholarship, I realized I am capable of achieving many things and I should not hold back in the face of strong competition.”

—Taydem Stephens, Junior

“Receiving a STEM Scholarship has solidified my confidence in both myself and my knowledge. I have been dreaming of a career in medicine since elementary school and have taken a myriad of classes throughout high school that reflect that passion, each one giving me different skills to help me reach my goals. The chance to apply to the ASCP scholarship allowed me to look back and explore all the experiences and opportunities I have participated in during high school. I was able to use those experiences as a part of my application for the scholarship, discussing how certain events impacted my interests in a STEM-based career. Recalling all of the amazing things I have been able to participate in was rewarding on its own and helped me realize that I want to be able to offer some of the experiences I’ve had to others in the future. Winning the scholarship brought everything full circle and fueled my excitement for my future in STEM.”

—Brooke Stallman, Senior

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When applying for scholarships dive deep into your HOSA journey, educational journey, and personal journey like Taydem and Brooke did, as it is a combination of your experiences and talents that showcase who you are as a person!

Good luck, HOSA and we cannot wait to hear all of your scholarship success stories!

REMEMBER to apply for HOSA Scholarship at http://hosa.org/scholarships
#BeTheFirst Tobacco and Nicotine-Free Generation (and earn cash & activity kits)!

HOSAs excited to continue our partnership with the Campaign for Tobacco-Free Kids, a leading force in the fight to reduce tobacco and nicotine use and its deadly toll in the United States and around the world.

Help us create the first tobacco-generation by registering your 2020 Take Down Tobacco: National Day of Action (formerly Kick Butts Day) event and participating in the FREE Taking Down Tobacco training program. Once you do, there are ways to earn activity kits, advocate for change, build your personal resume and earn cash for your chapter.

National Day of Action: 3/18/2020

• To mark the 25th anniversary of Kick Butts Day, the national day of action is now Take Down Tobacco!

• Register your event TODAY! FREE activity kits are available while supplies last.

• Become a trainer and lead or guide a Taking Down Tobacco 101 training for your Take Down Tobacco event.

Taking Down Tobacco Training

• Now through May 8, 2020, the first 25 chapters or Advisors to provide Taking Down Tobacco 101 trainings or have students complete TDT 101 or The Rise of Vaping courses online, for a minimum of 20 students, receive $150. (Advisors, click here to get started)

• Chapters that train and/or have students complete TDT and/or ROV online courses, for a minimum of 100 students, will be entered into a random drawing for one of three $1,000 cash prizes.

About HIMSS20

HIMSS20 is the can’t-miss health information and technology event of the year, where professionals throughout the global health ecosystem connect for the education, innovation and collaboration they need to reimagine health and wellness for everyone, everywhere. In a time of unprecedented healthcare disruption, HIMSS20 calls health information and technology professionals around the world to one essential, simple, bold action: Be the change!

The HIMSS Global Health Conference & Exhibition brings together nearly 45,000 health information and technology professionals, clinicians, executives and market suppliers from around the world. Exceptional education, world-class speakers, cutting-edge products and powerful networking are hallmarks of this industry-leading conference.

“Be the Change” HIMSS Global Health Conference www.himssconference.org

While so much of the focus is on how technology, AI and big data are going to solve our healthcare challenges, we must not lose sight of the humans at both ends of the healthcare equation. Arianna Huffington, Thrive Global

About HIMSS

HIMSS is a global advisor and thought leader supporting the transformation of the health ecosystem through information and technology. As a mission-driven non-profit, HIMSS offers a unique depth and breadth of expertise in health innovation, public policy, workforce development, research and analytics to advise global leaders, stakeholders and influencers on best practices in health information and technology. Through our innovation engine, HIMSS delivers key insights, education and engaging events to healthcare providers, governments and market suppliers, ensuring they have the right information at the point of decision.

Headquartered in Chicago, Illinois, HIMSS serves the global health information and technology communities with focused operations across North America, Europe, the United Kingdom, the Middle East and Asia Pacific. HIMSS members include more than 80,000 individuals, 480 provider organizations, 470 non-profit partners, including HOSA-Future Health Professionals, and 650 health services organizations.

For more details check out www.hosa.org/advisor

Generously supported by CVS Health Foundation
HOSA is excited to announce that our partner, CATCH Global Foundation, has partnered with Discovery Education and CVS Health Foundation to launch Be Vape Free, an initiative to help ensure that everyone – students, parents, educators, and other community members – has access to no-cost, vaping prevention resources to help educate and empower young people.

At the heart of Be Vape Free is the evidence-based CATCH My Breath youth vaping prevention program. Through this new partnership, we will be rolling out improved and expanded resources for CATCH My Breath, beginning with Elementary School (5th grade) today and continuing with middle and high school over the course of the next calendar year.

The new Elementary Classroom Resources take an interdisciplinary, standards-aligned approach to vaping prevention. The CATCH My Breath Core Program Bundle identifies the health risks of e-cigarettes and teaches key refusal skills. Additionally, there are two new Supplementary Program Bundles that tie vaping prevention to 5th grade science and humanities curricula.

The new Elementary Classroom Resources are already live on CATCH.org and can be accessed immediately; we’ll similarly add the other grade level updates as they become available in 2020. There is also a new website for the Be Vape Free initiative – bevapefree.org – that includes additional resources for parents and community members.

To learn how your chapter can get involved with this initiative visit catch.org and bevapefree.org today!

Nemours celebrated Rare Disease Day on February 28th, 2020. The Nemours Alfred I. duPont Hospital for Children and Delaware HOSA-Future Health Professionals, co-sponsor this competitive event to encourage student engagement, confidence building and teamwork, and to support policies and practices that facilitate research efforts, and a proposed cure/treatment or way to improve the quality of life related to the rare pediatric disorder. Students also participated in fundraising efforts designated for rare disease research at Nemours collectively raising $10,010. Delcastle High School received the Philanthropy Award raising $1,935!

The main objective of Rare Disease Day is to raise awareness to the general public and decision-makers about rare diseases and their impact on patients’ lives. It also target authorities, industry representatives, researchers, health professionals and any one who has a genuine interest in rare diseases. The Zebra is the official symbol of rare diseases in the United States and is noted for its black and white stripes. Everyone has his/her own stripes, those characteristics that make each individual unique.

Rare Disease Day focuses on bridging the gaps in the coordination between medical, social and support services in order to tackle the challenges that people living with a rare disease and their families around the world face every day. Rare disease research is not only done for the sake of creating knowledge, but to translate the knowledge generated into real benefits for patients Bench to bedside, clinic to community.

Please join us and support our patients and families living with rare diseases, as well as the efforts of Nemours Biomedical Research, and the next generation of healthcare professionals in finding cures or treatments for these disorders.
2020 HOSA ILC Conference
June 24-27, 2020
Houston, Texas

HOSA-Future Health Professionals
548 Silicon Drive, Suite 101
Southlake, TX 76092
(800) 321-HOSA
www.hosa.org

See you there!!